

This I Believe
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“The purpose of life is to be happy”- Dalai Lama

Do you believe that *“The purpose of life is to be happy?”* I do, and I bet everyone else do too.

I feel that life is not worth living unless I am happy. If my parents want me to be a doctor when I grow up, I would. When I fulfill their request, would I feel euphoric? I would not. That is because becoming a doctor is not my chosen path so even if I did become a doctor, I would feel that something is missing in my life. That missing puzzle piece, is happiness.

I only get to live once, so I may as well make the best of it. Sometimes when I am in a particularly gloomy mood, I would ask myself, “If I were to die tomorrow in some tragic accident, would I die happy?” The immediate answer is no. I could think of a million other things that I would want to do. I would want to live in Japan. I would want to treat my parents better, for instance.

I believe that the want to enjoy life is ingrained in every person from birth. Would someone purposely do something to make himself or herself suffer everyday? When I was in kindergarten, my most outstanding memories are those of playing at the playground with my friends, having a great time. I remember coming home from kindergarten everyday, just looking forward to go to the playground. At 5 p.m. sharp, I would dash out of the front door, my grandfather trailing behind despite my insistent cries of “快点啊!” for him to hurry it up. Kids have pure intentions- they just do what they want to do. My intention as a kid back then was to have fun and be happy. So you see, we all are born to be happy and we should continue to do so.

When I do something against my will, I will find, more often than not, that my concentration would diminish, and my mind would start wandering, dreaming about things I would rather do. I

would very much rather watch the television, listen to some music, or even read a book. Things that make me happy.

Life is not perfect. I have to do things that I don't quite enjoy but I will still do it. Life is not a burden. Life is meant to be a gift of happiness. I want to take that gift and make the best of it. To make me smile, it does not take heart-stopping surprises. Sometimes, the little things in life like having a meal with my family are enough.

"The purpose of life is to be happy". Yes, Dalai Lama, I agree with you.